

Ergonomic Risk Factors in Cleaning Tasks & Potential Solutions

TASK	RISK FACTORS	POTENTIAL SOLUTIONS
Dusting and Scrubbing	<ul style="list-style-type: none"> • Reaching • Bent back • Squatting • Kneeling • Bent wrists • Hand force • Repetitive motions • Loose-fitting gloves 	<ul style="list-style-type: none"> • Long-handled tools • Angled tools • Lightweight cleaning heads (e.g., microfiber) • Squeegees for cleaning glass • Battery-powered scrubbers • Appropriately sized gloves
Vacuuming	<ul style="list-style-type: none"> • Pushing and pulling forces • Lifting • Repetitive motions • Grip force • Bent wrists • Bent back 	<ul style="list-style-type: none"> • Lightweight canister, backpack or self-propelled upright vacuums • Height-adjustable loop handles • Wide area vacuums for hallways and large rooms
Mopping	<ul style="list-style-type: none"> • Lifting • Carrying • Hand force • Repetitive motions • Bent back • Elevated shoulders 	<ul style="list-style-type: none"> • Hose to fill bucket at ground level • Bottom-draining buckets • Lightweight mop heads • Adjustable length handles • Microfiber mops, vapor steam cleaners or no-touch cleaning systems
Stripping and buffing	<ul style="list-style-type: none"> • Hand force • Bent wrists • Repetitive motions • Pushing and pulling • Vibration 	<ul style="list-style-type: none"> • Ride-on or walk-behind floor machines • Equipment maintenance programs
Handling trash	<ul style="list-style-type: none"> • Lifting • Added force to overcome trash can suction • Carrying • Pushing and pulling 	<ul style="list-style-type: none"> • Smaller trash bags • Vent holes or channels in trash cans • Side-opening trash containers • Locating dumpsters underneath loading docks • Mechanical trash dumpers
Moving furniture	<ul style="list-style-type: none"> • Lifting • Carrying • Push and pull forces to fold cafeteria tables 	<ul style="list-style-type: none"> • Lightweight and/or wheeled furniture • Wheeled lifting devices such as desk lifts, table dollies • Friction-reducing aids such as air skids or furniture glides • Spring-assisted folding cafeteria tables

This is a sample guideline furnished to you by Glatfelter Brokerage Services, Group Manager. Your organization should review and make the necessary modifications to meet the needs of your organization. The intent of this guideline is to assist you in reducing risk exposure to the public, personnel and property. www.GlatfelterPublicPractice.com